

an impact on mental health and trigger the use of alcohol as a form of coping. Since the beginning of this pandemic, the WHO had warned the general public of the potential risks of increased alcohol consumption, which might result in a higher incidence of alcohol use disorders (AUD) in future.

**Objectives:** The aim is to do a review of the literature of alcohol consumption during the COVID-19 pandemic.

**Methods:** Non-systematic review of the literature with selection of scientific articles published in the last 7 months; by searching the Pubmed databases, the following MeSH terms were used: COVID-19; alcohol consumption.

**Results:** A recent article in The Lancet suggested that mental health and alcohol use during the pandemic, a major public health concern, are worthy of attention. Market research showed that alcohol sales increased in several countries compared to the same time last year. However, with the closure of several drinking places, sales are not in themselves reliable enough estimates of alcohol consumption. On the other hand, economic crises can lead to a reduction in alcohol consumption, due to financial problems or the risk of unemployment.

**Conclusions:** The present global circumstance is unique, and there is a need for further research on the relationship between alcohol consumption and COVID-19 to understand its long-term effects and develop specific prevention programs for this population.

**Keywords:** COVID-19; alcohol use disorders (AUD); alcohol consumption

#### EPP0409

### Stress and affective disorders in COVID-19 pandemic: On-line survey of russian respondents in different cities of residence

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**Introduction:** The psychological stress associated with the COVID-19 pandemic has a complex multifactorial nature.

**Objectives:** The aim: to evaluate the level of stress during the COVID-19 pandemic in the Russian-speaking population with (-out) affective disorders in different cities of residence.

**Methods:** The data obtained from an online survey of 4803 Russian-speaking respondents (age over 18) from March 30 to May 18, 2020. The survey included social, demographic and the history of affective disorders data. The anxiety distress level was evaluated with the Psychological Stress Measure (PSM-25).

**Results:** Individuals from sub-cohort of Russian cities with populations less than one million had higher stress levels ( $M=135.39$ ) compared to Moscow ( $M=129.47$ ;  $p=0.003$ ) or St.-Petersburg ( $M=126.63$ ;  $p<0.001$ ). However, stress scores in respondents with a history of affective disorders correspond to the average stress level according to PSM-25. Respondents without affective disorders from St.-Petersburg reported lower stress levels ( $M=92.88$ ) than respondents from Moscow ( $M=100.47$ ;  $p<0.001$ ) and Russian cities

with less than one million population ( $M=98.4$ ;  $p<0.001$ ). Average stress scores from St.-Petersburg and other Russian cities show a low level of stress on PSM-25, which indicates psychological adaptation. Stress scores from Moscow have borderline values between low and medium levels.

**Conclusions:** Our study showed that the city of residence and affective disorders status significantly affect stress levels in Russian population. These factors could be further used in individual psychological support strategies.

**Keywords:** COVID-19; stress; affective disorders; pandemic

#### EPP0411

### Web-based tools applied to therapy and counseling during the COVID-19 pandemic

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**Introduction:** Web-based tools allowed the provision of psychological counseling and therapy at-distance during the COVID-19 lockdown. Nevertheless, psychologists' attitudes towards the adoption of these tools and its impact in their professional practices need to be further explored.

**Objectives:** The objective was to study the use of web-based tools on psychological practices before and during COVID-19 lockdown, trying to identify changes on psychologists' professional practices related to the pandemic, as well as to explore factors that could have affected such changes.

**Methods:** One-hundred and eight psychologists filled-in an online survey, developed for the purposes of this study, during mandatory lockdown. The study was disseminated by mailing list, social networks, and by the Portuguese Psychologists Association.

**Results:** The results have shown that psychologists kept providing their services during lockdown thanks to the adoption of web-based tools. Although psychologists have recognized that additional precautions were needed for at-distance practice in comparison to in-person interventions, the experience of using ICT technologies in clinical practice was described as positive, ensuring clients' adherence with positive results. Additionally, despite psychological services were maintained on a larger scale by psychologists with more years of experience, professionals with average experience stated more favorable attitudes towards the use of web-based tools in counseling and therapy.

**Conclusions:** Although the implementation of ICT based practice was enforced by current circumstances, the experience that psychologists gathered and shared during the lockdown can guide future professional practice, improving and fostering the replication of best practices at distance.

**Keywords:** Web-based tools; Therapy; e-health; COVID-19